



Live4Life 2015: Education Sessions

The following sessions will be facilitated by the Live4Life Coordinator and educators, and will require curriculum time to be allocated to complete the session. Each session will require approximately 80 minutes to complete, with a **maximum** class size of 60 participants (*with the exception of the Launch/Intro and Competition & Crew sessions*).

Term 2

	Session	Aim	Topic	Time
1	Launch/Intro (Term 1 or 2)	<i>Outline the Live4Life Education Program</i>	Introduce educators, Crew and topics to be covered in Live4Life	60mins
2	What's Up?	<i>De-stigmatising mental illness and building mental health literacy</i>	Mental Health vs. Mental Illness	80mins
3	In Your Head	<i>Exploring the link between thoughts, feelings and behaviour</i>	How your thinking affects your mental health & what you can do about it	80mins

Term 3

4	Competition & Crew	<i>Outline the Live4Life Competition and Live4Life Crew</i>	Competition: Categories, prizes, terms & conditions Crew: Recruitment process for following year	30mins
5	Body Talk	<i>Promoting positive mental health messages and relationship between physical and mental health</i>	How your physical health affects your mental health & what you can do about it	80mins
6	Helping Hand	<i>Promoting connections to mental health services</i>	Who can you talk to? School, family, locally, community, other organisations	80mins

Please contact Lauren Proudfoot (Live4Life Coordinator) to book in sessions for your schools. Please note we do not offer Live4Life Sessions on Fridays due to the availability of program staff.

Ph: 03 5422 0275

lproudfoot@mrsc.vic.gov.au